

PRIVATE AND CONFIDENTIAL

The
Alleged Haunting at
B—— Rectory

INSTRUCTIONS FOR OBSERVERS

LONDON

University of London Council for Psychical
Investigation

19 BERKELEY STREET, MAYFAIR, W.1

MAYFAIR 5453

1937

INSTRUCTIONS

- 1 Attend carefully to all written and verbal instructions, and carry out to the letter.
- 2 Each Observer should provide himself with the following articles, in addition to night clothes, etc.: Note-book, pencils, good watch with secondhand, candle and matches, pocket electric torch, brandy flask, sandwiches, etc. If he possesses a camera, this can be used. Rubber- or felt-soled shoes should be worn.
- 3 When going on duty search the house thoroughly, close and fasten all doors and windows. If thought necessary, these can be sealed.
- 4 Visit all rooms, etc., at intervals of about one hour, unless circumstances call for your presence in any particular part of the house or grounds. Before going on duty at each period, inspect grounds.
- 5 Occasionally extinguish all lights, and wait in complete darkness (varying your observation post), remaining perfectly quiet.
- 6 Make a point of taking meals at same times each day or night. Depart from this rule if circumstances warrant.
- 7 Make the fullest notes of the slightest unusual sound or occurrence.
- 8 Take exact times of all sounds or happenings; also make notes of your own movements, with exact times. Record weather conditions.
- 9 Frequently examine grounds, and, occasionally watch windows of house from exterior of building.
- 10 If with companion, both he and you should act in unison (in order to have a witness), unless circumstances determine otherwise. If several Observers present, party can be divided between house and grounds.

- 11 For one half-hour before, and half-hour after sunset, take up position in Summer House. Remain perfectly quiet, and watch the 'Nun's Walk' on far side of lawn. It is this path that a black draped figure is said to frequent.
- 12 If phenomena appear strong, or if experiencing a succession of unusual events, immediately communicate with one of the persons whose telephone numbers have been handed to you. Detail exact happenings. Expert assistance or further instructions, will be sent you.
- 13 Establish your base in one room, and keep all your equipment, etc., at this post. This will prevent your hunting for an article when wanted in an emergency.
- 14 Keep the electric torch IN YOUR POCKET ALWAYS, whether in or out of the house. Be careful with all lights, matches, cigarette ends, etc.
- 15 Should strangers call, be courteous to them. Do not permit them to enter the house; do not encourage them to remain; ON NO ACCOUNT GIVE THEM INFORMATION OR OPINIONS of any sort. This applies to villagers, hotel staff, etc., equally.
- 16 *Re meals.* You should come provided each day with sandwiches, etc., and hot drinks in a vacuum flask. Rest can be obtained on the camp bed provided, but excellent meals and beds can be procured at 'The Bull,' L—— (2½ miles), or at S—— (2½ miles). It should be possible to obtain sufficient rest during the 24 hours, but if two are on duty, take turns at resting, and wake your companion if anything unusual occurs. Leave your car in the appointed place, screened from the road.
- 17 When asked to take charge of instruments, examine them regularly with torch, and record readings and times in note book. Carefully note anything which may appear unusual. Change charts when necessary, marking on each the time it was changed, and date.
- 18 Spend at least a portion of the day and night (in complete darkness) in the Blue Room.

19 No observer is permitted to take a friend to the house, unless permission has been given, and the necessary Declaration Form signed.

20 Your report and notes should be posted to the Honorary Secretary, University of London Council for Psychical Investigation, 19 Berkeley Street, Mayfair, W.1, as soon as possible after you have completed your 'watch.'

Possible Phenomena which may be experienced. There is some evidence for all of these alleged manifestations during the past forty years.

BELL RINGING. If a bell rings, immediately ascertain which bell, and from what room or place the 'pull' was operated. Note if bell-pull is in motion, and record duration of ringing, and exact time.

MOVEMENT of OBJECTS When going on duty, see that objects are on chalked outlines, and check frequently. When an object is heard to fall, immediately ascertain in which room object has fallen, and draw rough plan of room, showing the direction of flight. Estimate approximate force expended, and, if object *seen* in flight, note speed, course, force, and trajectory. Examine object and restore to chalked outline.

FOOTSTEPS. If footsteps are heard, try to judge direction, note duration, and record type (heavy, soft, pattering, shuffling, etc.), and at what time they were heard.

FORMS or APPARITIONS. If seen, DO NOT MOVE AND ON NO ACCOUNT APPROACH THE FIGURE. Note exact method of appearance. Observe figure carefully, watch all movements, rate and manner of progression, etc. Note duration of appearance, colour, form, size, how dressed, and whether solid or transparent. If carrying camera with film ready, for exposing, quietly 'snap' the figure, but make no sound

and do not move. If figure speaks, DO NOT APPROACH, but ascertain name, age, sex, origin, cause of visit, if in trouble, and possible alleviation. Enquire if it is a spirit. Ask figure to return, suggesting exact time and place. Do not move until figure disappears. Note exact method of vanishing. If through an open door, quietly follow. If through solid object (such as wall) ascertain if still visible on other side. Make the very fullest notes of the incident. The 'nun' is alleged to walk regularly along the 'Nun's Walk' in grounds. (See Instruction No. 11.)

RAPS or KNOCKS. Ascertain exact location and intensity, and whether soft or percussive. Imitate knocks with knuckles or foot, and note whether your signals are duplicated. If so, say aloud that you would like a number of questions answered, and that the 'entity' can reply by giving one rap for 'yes,' two for 'no,' and three for 'doubtful or unknown.' Endeavour by these means to ascertain name, age, sex, condition, etc. Ask 'entity' to knock at a letter while you call over the alphabet. Information can thus be conveyed, and intelligent sentences formed. Ask entity to return, making definite appointment. It is alleged that knocks can frequently be heard in the Blue Room. (See Instruction No. 18.)

PERFUMES. If air becomes scented, try to identify perfume, and ascertain whether it is general or localised. Look for any dampness.

LIGHTS. If lights are seen note mode of appearance, judge exact position in room or grounds, size, shape, height from ground, duration, colour, and whether lambent or percussive. If travelling, direction and trajectory, and method of disappearance. Note whether odour accompanies lights.

APPORTS. (Objects abnormally brought or precipitated into house.) Note exact time of arrival, if possible, and endeavour to ascertain their origin. Carefully preserve and continue inquiries.

DISAPPEARANCES. Note under what conditions the object disappeared, exact time of disappearance, and if accompanied by sounds of any sort. Search for object and note if, how, and when it makes its re-appearance.

THERMAL VARIATIONS. Transmitting thermographs are used for recording changes of temperature. These should be read frequently. (See Instruction No. 17.)

EXTERIOR OF HOUSE

The above suggestions apply equally in the case of phenomena occurring **OUTSIDE** the house. But *Poltergeist* phenomena (such as stone-throwing) outside the house may be observed from within the building. The fullest particulars concerning such phenomena should be recorded.

IMPORTANT NOTE

Although some—or all—of the above phenomena may be observed, it is very important that the greatest effort should be made to ascertain whether such manifestations are due to normal causes, such as rats, small boys, the villagers, the wind, wood shrinking, the Death Watch beetle, farm animals nosing the doors, etc., trees brushing against the windows, birds in the chimney-stack or between double walls, etc.